



Photo by Staff Sgt. Keith Anderson, 25th Infantry Division Public Affairs

Secretary of the Army Mark Esper (right) speaks with Soldiers going through the Jungle Operations Training Course at the 25th Infantry Division Lightning Academy, Jan. 11.

Secretary of the Army visits Hawaii

STAFF SGT. KEITH ANDERSON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Army Secretary Mark Esper visited Soldiers at the 25th Infantry Division, Jan. 11, to gain an understanding of the division’s capability to train and support Soldiers and conduct successful operations in the Pacific area of responsibility.

Esper, the 23rd Secretary of the Army who took the Army reins Nov. 20, began the day with combat-focused physical training with the scouts of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th ID.

“It’s a great honor to represent the division and conduct PT with the Secretary of the Army,” said Sgt. 1st Class Benjamin Garcia, platoon sergeant, 2-35th Inf. Regt.

The Rogue Platoon scouts led Esper through a series of stations, including a litter drag, tractor tire relay, 5-gallon water container relay and other functional fitness workouts.

After physical training, Esper took time to talk with the Soldiers and discussed the importance of readiness training.

“You are all doing the right thing; fitness is the key – the cornerstone to training,” said Esper. “War is always on the horizon. There could be bigger fights ahead.”

Rogue Platoon scouts, along with the rest of 3rd BCT, are preparing for a training rotation at the Joint Readiness Training Center at Fort Polk, Louisiana.



U.S. Secretary of the Army photo by John Martinez

U.S. Army-Pacific Commanding Gen. Robert B. Brown (center) greets the Secretary of the Army, Dr. Mark Esper (foreground, right), and his wife, Leah Esper (background, right).

After a series of briefings with 25th ID leaders, Esper toured the Lightning Academy and met with Soldiers undergoing the Jungle Operations Training Course and Soldiers going through Pre-Ranger training.

“The visit validates the importance of the training we are conducting here at the Lightning Academy,” said 1st Lt. Christopher Corbett, Lightning Academy cadre. “As it says in our mission statement, we are training adaptive and

agile leaders across the Pacific theater of operations.”

The Lightning Academy offers courses in Air Assault, Jungle Operations, Pre-Ranger, Basic Combatives, Tactical Combatives, Rappel Master and others.



U.S. Secretary of the Army photo by John Martinez

Secretary of the Army Mark Esper (left) reviews Schofield areas with Maj. Gen. Ron P. Clark (right), commander of the 25th ID and U.S. Army Hawaii.



U.S. Secretary of the Army photo by John Martinez

Secretary of the Army Mark Esper, who took the reins as Army Secretary Nov. 11, spends the day visiting with Soldiers to gain an understanding of the division’s capability to train and conduct successful operations in the Pacific area of responsibility. He enjoyed lunch at the dining facility.

Spouse of secretary gets briefings at TAMC, Schofield

KAREN A. IWAMOTO
Staff Writer

TRIPLER ARMY MEDICAL CENTER — Readiness is the Army’s top mission, and the staff here demonstrated how they contribute to the ability to “fight tonight” by providing state-of-the-art medical care and optimal patient-centered support.

The medical center was the first stop of an all-day tour for Leah Esper, wife of Secretary of the Army Mark Esper.

While here, she visited the Keiki Co-op, a full-day child care site conducted by child care providers with priority given to parents who work at TAMC. The service is a partnership between Child Youth Services and TAMC.

The co-op is one of the ways the Army in Hawaii strives to meet one of the most important needs of its families: child care.

From there, Esper received a briefing from TAMC medical simulation specialist

Mark Hernandez at TAMC’s Medical Simulation Center. Hernandez demonstrated how staff use high-tech mannequins that can breathe, sweat and bleed to help train the next generation of medical practitioners, both in the hospital and out in the field.

Having mannequins that are this realistic helps bring real-world training to Soldiers and the staff, Hernandez said.

After a walk-through of TAMC’s Behavioral Health Department, the TAMC portion of the tour wrapped up with a presentation, by Lt. Col. Jennifer Mbutia, MD, about the Pacific Asynchronous TeleHealth (PATH) platform, which allows for provider-to-provider teleconsultations. This helps doctors and patients manage health care concerns during deployments and over various time zones.

Esper, herself a former Army spouse,



Photo by Spc. Peter Sky, Tripler Army Medical Center Public Affairs

TAMC medical simulation specialist Marc Hernandez, left, provides an information to the spouse to the 23rd Secretary of the Army, Leah Esper, center, and the TAMC commander, Col. Andrew Barr, right, at the TAMC Simulation Center, Jan. 11.

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‘Workhorse Nation’ redeploys home

Story and photo by
SGT. 1ST CLASS JOHN BROWN
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Hugs and handshakes, smiles and cheers filled the reception area as the 8th Military Police Brigade and the 728th MP Battalion welcomed the Soldiers of the 58th MP Company home after a six-month mission to Andersen Air Force Base, Guam.

The mission, which began in July 2017, split the 58th MP Co. into two parts. Half of the company remained on Oahu performing law enforcement duties, while the other half deployed to Guam to execute a strategically critical site security mission to preserve combat power and protect national interests, according to Capt. Edgar Conrad, 58th MP Co. commander.

“It seems just like yesterday that Team Workhorse and (Workhorse) Nation were going their separate ways to accomplish their respective missions, and I can report today that both elements have performed extremely well maintaining a high operational tempo attacking training, security, law enforcement and readiness,” said Lt. Col. Chad Froehlich, 728th MP Bn. commander.

Froehlich told families and friends at the welcome home ceremony about the numerous projects the Soldiers of the 58th MP Co. accomplished during their deployment.

“(Workhorse) enhanced the overall force protection of the facility by emplacing T-Walls, adding tactical communications and power to the towers, waterproofed the tower roofs, added tactical chairs, fixed the million dollar cameras ... and (established) an exclusionary zone 25 feet out from the perimeter, (which) allowed line of site for all towers. ... (They) completely revamped the entry control point through establishing a set standard to improve force protection while significantly increasing the overall security posture of your critical site.”



The first group of Soldiers from 58th Military Police Company, 728th MP Bn., 8th MP Bde. returned from a six-month deployment to Andersen Air Force Base, Guam, on Jan. 6.

Conrad added, “The Soldiers’ and leaders’ discipline and dedication to the mission was unmatched by any previous units. Their dedication to constantly improve their ‘foxhole’ was evident by the completion of over 20 site security and quality of life upgrades.

“The team set the standard for a unit to achieve training readiness during a non-contingency operation by executing training from the individual to the squad level on multiple Headquarters Department of the Army Mission Essential Task List tasks, culminating in a robust squad certification.”

As proud as the command teams were of the Soldiers who were deployed, they were equally impressed with the performance of the Soldiers who remained on Oahu.



Col. Shannon-Mikel Lucas passes the 8th Military Police Brigade colors to the incoming brigade senior enlisted adviser, Command Sgt. Maj. William Mayfield, during a Change of Responsibility ceremony, Jan. 9, on Schofield Barracks' Hamilton Field.

8th MP Bde. holds change of responsibility

Story and photo by
SGT. 1ST CLASS JOHN BROWN
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — When a brigade command sergeant major passes the duties of senior enlisted adviser to a successor, the command is met with mixed emotions.

There is the sadness of losing a precious member of the team and the excitement of welcoming new mentorship and leadership philosophies.

Command Sgt. Maj. Teresa Duncan bid a touching farewell to the 8th Military Police Brigade’s “Watchdog Nation” as she transferred her responsibilities as the brigade’s senior enlisted adviser to Command Sgt. Major William Mayfield in a ceremony at Hamilton Field, here, Jan. 9.

Col. Shannon-Mikal Lucas, the commander of the 8th MP Bde., 8th Theater Sustainment Command, said that he had not anticipated presiding over the ceremony be-

cause he and Duncan had only been in command since June 8, 2016.

Lucas reminisced that the foundation of their teamwork actually started much earlier.

“It really started long before ... when we first met at the Pre-Command Course in Fort Leavenworth, Kansas. We were not attending the same course, but had an overlap, so we linked up for a dinner and about three hours later, after fruitful discussion on leadership, philosophies, Soldiers and, of course, Notre Dame football, we called it a night.

“We definitely clicked right away, and from that point, I knew I would be one lucky commander,” said Lucas.

Two battalion headquarters and 12 companies of Watchdog Soldiers stood on the parade field while Explosive Ordnance Disposal, Chemical, and MP emergency response vehicles with lights flashing flanked the ceremony.

Lucas told the crowd of nearly 200 in attendance and others watching via social media that “these are truly the most unself-

Froehlich addressed the 58th MP Co. Soldiers who remained on Oahu saying, “You were the ones who carried the load at Schofield collectively, conducting hundreds of hours of law enforcement, conducting green cycle training culminating in an exercise evaluation and ensured the sustainment of all the companies.

“You additionally have been charged with receiving and integrating new Soldiers and were always our go-to force when extra manpower was needed. I know at times you probably thought that this would never end, but you navigated the challenge with true professionalism,” said Froehlich.

Conrad echoed those remarks saying, “Through their actions, this company has achieved a legacy unlike any other in the Pacific, including attaining the title of Best MP Company in U.S. Army Pacific two years in a row!”

“We are so very proud of what you have done in Guam and across Hawaii over the last six months and are looking forward to getting you integrated back into the formation as a united company,” said Froehlich.

Before closing his remarks, Froehlich took a moment to address the families in attendance.

“Having redeployed a few times myself, there is honestly no better feeling than seeing your spouse, child, parent or sibling after such a long time apart. You are the unsung heroes that kept everything running at home, functioned as both parents, fixed the flat tires and never really got a break.

“Soldiers, remember your families have been doing this for six months, so ease into the routine and understand their point of view.”

The Soldiers of the 58th MP Co. will get a few days to relax with their families while they conduct reintegration training and begin preparing for law enforcement recertification and platoon-level validation exercises over the next several weeks.

See COR A-7

Voices of Ohana

Because January is National Mentorship Month, we wondered,
“What advice do you have for the next generation?”
By 599th Transportation Brigade



“Save for retirement now. The earlier the better.”
Mary Ann Lobdell
SHARP victim advocate
599th Trans Bde.



“Put your cellphones away.”
Christine Perez-Carian
Traffic management specialist
599th Trans. Bde.



“Listen to your parents and others who have a substantial influence on you.”
Sgt. 1st Class Elvis Puente
Logistics NCOIC
599th Trans Bde.



“Listen to your elders. Put down the electronics and go out and have fun.”
Belle Ryan
Property book officer
599th Trans Bde.



“Cherish your parents and invest early.”
Capt. Jerry Smith
Operations officer
599th Trans Bde.

False alert highlights importance of preparedness

KAREN A. IWAMOTO
Staff Writer

At 8:07 a.m. on Jan. 13, an erroneous text alert was sent to cell phones state-wide, warning that an incoming missile was headed to Hawaii.

It took another 38 minutes to send out a text confirming that the original alert had been a false alarm and that no missile was inbound toward the state.

During that time, residents and visitors rushed to get home or find nearby shelter, with local media reporting cancelations of numerous events and motorists running red lights and climbing down man-holes to reach safety.

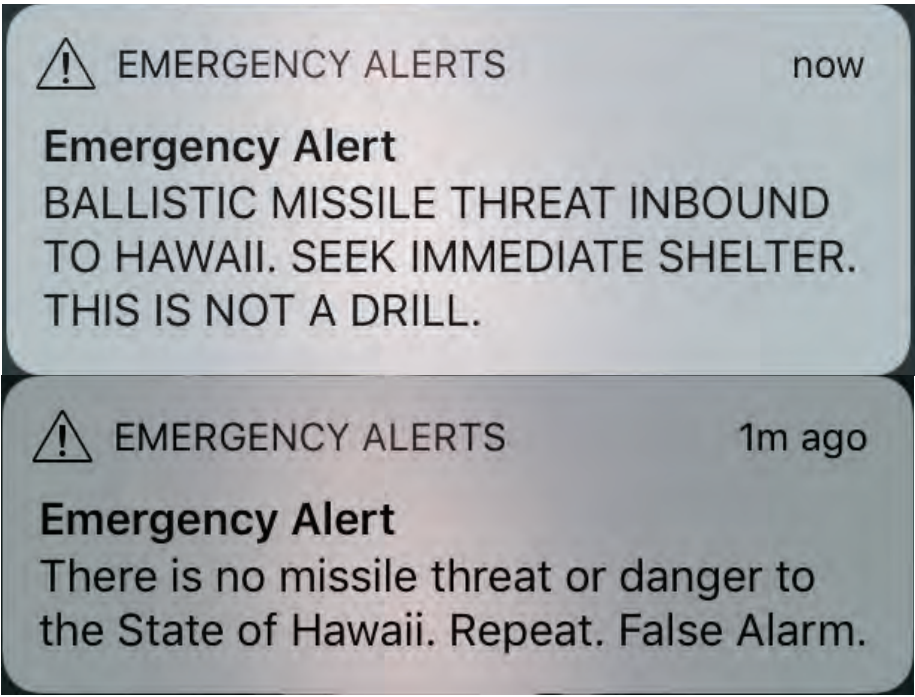
While the fallout from the false alarm continues, there's also the question of individual readiness. Many in the community want to know what to do in the case of an actual attack.

Information is available by visiting www.dod.hawaii.gov/hiema/ and clicking on the drop down menu labeled “nuclear attack.”

It notes, “All residents and visitors must immediately seek shelter in a building or structure. Once the (attack warning) sirens sound, residents and visitors will have less than 12 to 15 minutes before missile impact.”

It also states, “There are currently no designated shelters in the State of Hawaii at this time. The short warning time (12 to 15 minutes) would not allow for residents or visitors to locate such a shelter in advance of missile impact.”

The Hawaii state Department of Education has issued a letter to parents, which may also be viewed on its website – hawaiipublicschools.org – that reminds parents they should not pick up their



Courtesy photos
Residents and visitors in Hawaii receive alerts from the state Emergency Management Agency on Saturday morning.

children at school should an attack occur during school hours. Students and faculty will be sheltering in place, and parents are advised to shelter in place where they are.

Private schools have similar guidance, and parents of children enrolled in private schools are advised to check with school officials there.

Finally, the U.S. Department of Homeland Security has the following guidelines:

- Build an emergency supply kit with enough food, water and first aid supplies to last two weeks.
- Make a family emergency plan.
- Expect to stay inside for at least 24 hours unless instructed otherwise by authorities.
- Do not look at the flash or fireball as it could blind you.
- If you were outside after the blast, get clean as soon as possible to remove radioactive material.
- When possible, take a shower with lots of soap and water.
- Do not use hair conditioner as this could bind radioactive material to your hair.

“All residents and visitors must immediately seek shelter in a building or structure. Once the (attack warning) sirens sound, residents and visitors will have less than 12 to 15 minutes before missile impact.”
— Hawaii Emergency Management Agency

•Keep listening to radio and television news about what to do and places to avoid.

Community Information Exchange
Anyone with questions or concerns regarding alerts is invited to attend the CIE on Jan. 31 at 9 a.m., at the Nehelani, Schofield Barracks. Army and community leaders will be on hand to answer questions.

Resources
Review the following websites for more details:
•Hawaii Emergency Management Agency at www.dod.hawaii.gov/hiema/.
•Hawaii Department of Education at hawaiipublicschools.org. Review the article titled “A reminder about emergency preparedness at schools.”
•U.S. Department of Homeland Security at www.ready.gov/nuclear-blast

‘Wayfinder’ medics conduct MEDEVAC training on Black Hawk

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

MARINE CORPS TRAINING AREA BELLOWS — Combat medics, led by a flight medic, rushed to a UH-60 Black Hawk carrying a litter to medically evacuate a Soldier, here, Jan. 10.

However, the Soldier wrapped up on the litter was only a simulated casualty for the combat medics assigned to the 29th Brigade Engineer Battalion, “Wayfinders,” 3rd Bde. Combat Team, 25th Infantry Division.

“We performed MEDEVAC cold load and unload training,” said Staff Sgt. Samuel Galindo, a native of Stockton, California, and a combat medic noncommissioned officer in charge assigned to Headquarters and Headquarters Company, 29th BEB. “We had a total of nine medics today.”

The Soldiers used the available training area due to open area, allowing a helicopter to land while still idling and a backwash from the propellers thrust.

“The reason we do that is because we want to make it a little more realistic,” Galindo said. “The rotors do and can affect the status of the patient. Believe it or not, it is one of the real reasons we cover them up with blankets. Also, it makes things a little more difficult and heavy. The rotors can sometimes blow you around.”

“It’s always best to have an actual running helicopter, with an actual functioning Black Hawk crew flight medic also to give us guidance,” he said.



Combat medics assigned to the 29th BEB, 3rd BCT, “Broncos,” 25th ID, carry a simulated casualty toward a UH-60 Black Hawk for medical evacuation training at Marine Corps Training Area Bellows, Jan. 10. The use of the Black Hawk while idling in place added a realistic aspect to the training.

Right — A UH-60 Black Hawk assigned to the 25th CAB, 25th ID, prepares to land at Marine Corps Training Area Bellows, Jan. 10. The helicopter was used for litter medical evacuation training for combat medics.



“That’s how it’s going to be done in real life.”

He added there was a level of difficulty in the training dependent on the physical fitness level of the Soldiers.

“That greatest challenge, honestly for us, is trying to hear,” he said, “with all

the noise around, honestly, and trying to properly relay information to the flight medic.”

Esper: Spouse reads to keiki

CONTINUED FROM A-1

said she understood firsthand the importance of teamwork and communication over time zones in providing optimal health care.

Her tour picked up at Schofield Barracks, where she met with students and staff at Daniel K. Inouye Elementary School, one of Hawaii’s many military-impacted public schools, which was renamed for the late Hawaii senator in 2016. It had previously received an approximately \$26.5 million upgrade through funds from the DOD’s Office of Adjustment, with the state contributing about \$6.6 million in matching funds.

While there, she read “The Lorax” by Dr. Seuss to a group of students at the school’s library, which was constructed as part of the aforementioned upgrades.

“I have three kids of my own, and I don’t know if they would have been as quiet and well-behaved as you were, so thank you very much,” she told the students at the end of the story.

Next up was a visit to the Soldier Family Assistance Center (SFAC), where staff took her through the office, explaining the various services it offers, including those available to Soldiers new to Ha-



Photo by Karen A. Iwamoto, Oahu Publications
Leah Esper, wife of Secretary of the Army Mark Esper, observes an American flag-inspired quilt featuring photos of Soldiers who died in service to the country. The quilt was on display at the Survivors Outreach Services office on Schofield Barracks, Jan. 11.

waii, Soldiers transitioning to civilian life, Wounded Warriors and spouses searching for work, among other things.

Esper finished the day at the Survivor Outreach Services (SOS) quarters, which is dedicated to supporting Gold Star families. There, Esper observed an American flag-inspired quilt sewn by the group in



Photo by Karen A. Iwamoto, Oahu Publications
Leah Esper, wife to Secretary of the Army Mark Esper, reads “The Lorax” to Daniel K. Inouye Elementary School students, Jan. 11.

Right — From left, U.S. Army-Pacific senior spouse Patti Brown; TAMC Protocol Officer Joel Jenkins; spouse to the 23rd Secretary of the Army Leah Esper; TAMC commander, Col. Andrew Barr; and TAMC senior spouse Anne Barr meet at TAMC, Jan. 11.



Photo by Leanne Thomas, Tripler Army Medical Center Public Affairs
suring service members’ families of the Army’s continued dedication to them.

Esper in turn thanked Ignacio and the rest of the SFAC staff for their continued work in supporting the Army’s mission.

MUNGADAI COMPETITION



A Soldier assigned to the 3rd BCT, “Broncos,” 25th ID, assembles a weapon during a Mungadai competition at East Range, Schofield Barracks, Jan. 11.



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division
1st Sgt. Eugene Mirador, assigned to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, assembles an M249 machine gun during a Mungadai competition at East Range, Schofield Barracks, Jan. 11. The purpose of the Mungadai event was to create, train and ready professionals with operational and foundational knowledge to take disciplined initiative while implementing and executing their commander’s intent.



Soldiers assigned to the 3rd BCT, “Broncos,” 25th ID, carry weighted litters on their march from East Range back to F Quad, Schofield Barracks, during the Mungadai competition.



Left — Capt. Anton Faustmann, commander, Headquarters and Headquarters Company, 3rd BCT, “Broncos,” 25th ID, assembles an M9 handgun during the Mungadai competition at East Range, Schofield Barracks, Jan. 11.

Army pushing to get Secure Wi-Fi onto battlefields

Availability could gain strategic edge over enemies in the field

AMY WALKER
PEO C3T/PM Tactical Network Public Affairs

FORT IRWIN, California — In support of ongoing efforts to make command posts more resilient, mobile and survivable, the Army is pushing to get Secure Wi-Fi to the field to help gain an operational edge against potential peer and near-peer adversaries.

Following the relocation of a command post on the battlefield, referred to as a “jump,” Secure Wi-Fi enables critical network and mission command systems to come up online in minutes, versus waiting many hours for Soldiers to wire a command post for network connectivity.

The 1st Armored Brigade Combat Team, 3rd Infantry Division successfully piloted this Secure Wi-Fi capability for a second time during decisive action training at the National Training Center, or NTC, here, which concluded in November 2017. During this realistic combat training event, the unit fought against a capable adversary and used Secure Wi-Fi extensively throughout its brigade command post to speed maneuver, provide continuity of mission command and remain a step ahead of enemy forces.

“The key benefit provided by Secure Wi-Fi is the velocity that it brings to (the set up of) my mission command systems,” said Col. Michael Adams, commander of 1st ABCT, 3rd ID. “Near-peer adversaries are much more capable than enemies we trained against previously. In a decisive action training environment, (armed with Secure Wi-Fi), we are much faster and more mobile, and that equates to survivability.”



U.S. Army photo
The 1st ABCT, 3rd ID successfully piloted the Army’s National Security Agency-accredited Secure Wi-Fi capability for a second time during decisive action training at the National Training Center, at Fort Irwin, California, in November 2017.

The unit successfully used Secure Wi-Fi to provide untethered network connections to enable secure wireless voice,

video and data exchange on more than 60 unclassified computers and 100 classified computers and mission command systems, such as Command Post Of the Future.

At any given point during this event, there were at least 60 active Secure Wi-Fi users inside the brigade main command post, known as the Tactical Operations Center, or TOC, Adams said. The only

wired systems that were not allowed to be wired were those Army mission command systems that were waiting to receive Army authority to operate on Secure Wi-Fi.

“The win was that once the Wi-Fi system was up, I could get everyone up at the same time across the entire staff,” Adams said. “It’s a colloquialism; many hands make light work, but it’s also an ability to fuse the actions of the entire brigade combat team across all warfighting functions.”

Similar to the Wi-Fi used in most homes, the Army’s National Security Agency-accredited solution provides wireless network connectivity inside the command post, with added layers of security. Secure Wi-Fi is managed by the Army’s Product Manager Network Modernization, assigned to Project Manager Tactical Network.

Without wireless capability, establishing a network in a typical brigade command post takes many hours and requires dozens of boxes of expensive CAT 5 network cable that weigh hundreds of pounds.

Every time a command post is jumped, the cables have to be cut, laid out, configured and plugged in, and often replaced because of damage and continual wear and tear. Protective flooring has to be laid over the wiring, making it difficult to troubleshoot network issues.

Secure Wi-Fi can eliminate these hurdles since its small remote access points provide quick and easy network connections throughout the entire command post within minutes.

2018 tax filing season begins Monday, Jan. 29

Returns are due to the IRS on Tuesday, April 17

INTERNAL REVENUE SERVICE
Media Relations

WASHINGTON — The Internal Revenue Service has announced that the nation’s tax season will begin Monday, Jan. 29, and reminds taxpayers claiming certain tax credits that refunds won’t be available before late February.

The IRS will begin accepting tax returns on Jan. 29, with nearly 155 million individual tax returns expected to be filed in 2018.

The nation’s tax deadline will be April 17 this year, so taxpayers will have two additional days to file beyond April 15.

Many software companies and tax professionals will be accepting tax returns before Jan. 29 and then will submit the returns when IRS systems open. Although the IRS will begin accepting both electronic and paper tax returns Jan. 29, paper returns will begin processing later in mid-February as system updates continue. The IRS strongly encourages people to file their tax returns electronically for faster refunds.

The IRS set the Jan. 29 opening date to ensure the security and readiness of key tax processing systems in advance of the opening and to assess the potential impact of tax legislation on 2017 tax returns.

The IRS reminds taxpayers that they should keep copies of their prior-year tax returns for at least three years. Taxpayers who are using a tax software product for the first time will need their adjusted gross income from their 2016 tax return to



electronically sign their 2017 tax return.

Using an electronic filing PIN is no longer an option. Taxpayers can visit IRS.gov/GetReady for more tips on preparing to file their 2017 tax return.

April 17 is filing deadline

The filing deadline to submit 2017 tax returns is Tuesday, April 17, rather than the traditional April 15 date. In 2018, April 15 falls on a Sunday, and this would usually move the filing deadline to the following Monday or April 16. However, Emancipation Day, a legal holiday in the District of Columbia, will be observed on that Monday, which pushes the nation’s filing deadline to Tuesday, April 17. Under the tax law, legal holidays in the District of Columbia affect the filing deadline across the nation.

The IRS also has been working with the tax industry and state revenue departments as part of the Security Summit initiative to continue strengthening processing systems to protect taxpayers from identity theft and refund fraud. The IRS and Summit partners continued to improve these safeguards to further protect taxpayers filing in 2018.

Refunds in 2018

Choosing e-file and direct deposit for refunds remains the fastest and safest way to file an accurate income tax return and

file electronically. Taxpayers who are using the same tax software they used last year will not need to enter prior-year information to

receive a refund. The IRS expects more than four out of five tax returns will be prepared electronically using tax software.

The IRS still anticipates issuing more than nine out of 10 refunds in less than 21 days, but there are some important factors to keep in mind for taxpayers.

By law, the IRS cannot issue refunds on tax returns claiming the Earned Income Tax Credit or the Additional Child Tax Credit before mid-February. This applies to the entire refund – even the portion not associated with the EITC and ACTC.

The IRS expects the earliest EITC/ACTC related refunds to be available in taxpayer bank accounts or on debit cards starting on Feb. 27, if those taxpayers chose direct deposit and there are no other issues with the tax return. This additional period is due to several factors, including banking and financial systems needing time to process deposits.

After refunds leave the IRS, it takes additional time for them to be processed and for financial institutions to accept and deposit the refunds to bank accounts and products. The IRS reminds taxpayers many financial institutions do not process payments on weekends or holidays, which can affect when refunds reach taxpayers. For EITC and ACTC filers, the three-day holiday weekend involving Presidents’ Day may affect their refund timing.

IRS Offers Help for Taxpayers

The IRS reminds taxpayers they have a variety of options to get help filing and preparing their tax return on IRS.gov, the official IRS website. Taxpayers can find answers to their tax questions and resolve

tax issues online.

In addition, 70 percent of the nation’s taxpayers are eligible for IRS Free File. Commercial partners of the IRS offer free brand-name software to about 100 million individuals and families with incomes of \$66,000 or less.

The online fillable forms provide electronic versions of IRS paper forms to all taxpayers regardless of income that can be prepared and filed by people comfortable with completing their own returns.

More Online

- The “Let Us Help You” page at <https://www.irs.gov/help/telephone-assistance> helps answer most tax questions.
- Taxpayers can go to IRS.gov/account to securely access information about their federal tax account. They can view the amount they owe, pay online or set up an online payment agreement; access their tax records online; review the past 18 months of payment history; and view key tax return information for the current year as filed.
- Visit the “Where’s My Refund? tool” at <https://www.irs.gov/retirements/about-where-my-refund>. It’s the best way to check the status of your refund.
- The IRS also reminds taxpayers that a trusted tax professional can provide helpful information and advice. Visit <https://www.irs.gov/tax-professionals/choosing-a-tax-professional> for “Tips for choosing a return preparer.”



Ongoing

Mumps — During the past 10 months, hundreds of cases of mumps have been confirmed throughout the state of Hawaii.

What is mumps? It’s a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness and loss of appetite, followed by swollen salivary glands. It is easily spread through coughing, sneezing, sharing cups or utensils, and by touching objects handled by infected individuals.

The U.S. Army Health Clinic-Schofield Barracks is ready to provide free MMR (measles, mumps, rubella) booster shots to help keep you vaccinated against the outbreak. Just walk in to the Immunization Clinic during normal clinic hours.

Learn more about mumps at <https://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>.

Suicide — The U.S. Armed Forces have im-

plemented a new law that aims to prevent suicide among military service members. The Jacob Sexton Military Suicide Prevention Act requires all service members to undergo an annual mental health assessment. It was named after National Guardsman Jacob Sexton, who died by suicide in 2009, and seeks to ensure that the mental and physical health of service members are treated equitably and that help-seeking is encouraged.

“The goal is to better identify those who are struggling with mental health challenges, and to ensure that they can receive the help they need before it’s too late,” said Indiana Sen. Joe Donnelly, who wrote the bill. “In addition, the Sexton Act maintains strong privacy protections for service members.”

Learn more about suicide prevention among military service members at www.sprc.org/populations/military-veterans.

TSP — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions – supplemental tax-deferred contributions that employees age 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum amount they can contribute through regular contributions. Visit the TSP at www.tsp.gov/ for more details.

Olympic Streaming — The Exchange and NBC Olympics have said that U.S. service members worldwide will again be able to watch Olympic streaming coverage from their desktop and personal devices when NBCUniversal presents the XXIII Olympic Winter Games from PyeongChang, South Korea, Feb. 7-25.

NBC’s primetime coverage of the 2018 PyeongChang Olympics begins Thursday, Feb. 8.



Ongoing

Trimble Road — Lane closures are being extended due to weather delays; therefore, a 24-hour lane closure will occur at Schofield’s Trimble Road between Cadet Sheridan and Hewitt for pavement repairs.

The road closures will be in through Jan. 19.

Also, a 24-hour single lane closure and traffic detours will occur on Hewitt, McCornack and Cadet Sheridan. This project schedule is subject to change pending additional weather delays.

Wright Avenue — Partial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Elleman and Eastman roads and Langley Loop and Eastman Road for curb inlet repairs. The partial lane closures run through Feb. 2, from 8 a.m.-4:30 p.m., Monday-Friday.

Chanute Road — A partial road closure has occurred on Wheeler’s Chanute Road, near Bldg. 107 on WAAF. Right shoulder lane work will continue on Wright Avenue in front of Bldg. 106 for utility installation through Feb. 6, from 8 a.m. to 3 p.m., Monday-Saturday. The work will be performed in four phases.

McCornack Road — There will be a parallel parking stall closure along McCornack Road near Bldgs. 660, 678 and 676 during crane erection for

the new SB Health Clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have appropriate signs.

Revised Traffic Codes — The Military Police are enforcing U.S. Army-Hawaii Regulation 190-5 traffic codes. The most significant change is the expansion of traffic offenses that incur monetary fines.

Offenses such as seat belt violations, illegal parking and cellphone usage/texting while driving now have a prescribed fine associated in addition to a potential prohibition to driving on the installation or a suspension of driving privileges on the installation.

Visit the Policies tab on the U.S. Army Garrison-Hawaii website at www.garrison.hawaii.army.mil.

One hundred years ago U.S. president took lead to end war

DENNIS DRAKE
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — A hundred years ago this month, World War I consumed the continent of Europe as Allied forces from Great Britain, France and others were joined by United States Soldiers, eventually numbering 2-million by year’s end.

They were pitted against experienced and fierce armies of Germany, Austria-Hungary and others, who’d been fighting the deadliest war known to man for the past three years.



Wilson

In January 1918, U.S. President Woodrow Wilson unveiled a proposal to end the war. Known as his “14 Points,” it set conditions for Germany to withdraw its forces from countries they were currently occupying, and it provided a blueprint for world peace following the war.

14 Points
Wilson looked at the issues causing the war – unrestricted submarine warfare on the oceans against innocent ships, secret negotiations between nations, the build-up of arms and large forces, and invasions and occupation of countries, among others. His “14 Points” proposed the following solutions:

- 1) Diplomacy will always be in the public’s view.
- 2) The oceans will always be free for navigation.
- 3) Economic barriers will be removed and trade between nations will be equal.
- 4) Arms will be reduced to the lowest point consistent with a nation’s safety.
- 5) Countries colonized by other na-



In this photo from the book “Official Pictures of the World War” National Guard Soldiers of Ohio’s 166th Infantry Regiment of the 42nd Division make their way through the snowy French countryside during December 1917 in what became known as the “Valley Forge Hike”. The troops marched 100 kilomters in the snow from the Vaucouleurs to Rolampont, France.

Photo provided by the New York State Military Museum

tions will be afforded the interests of their population concerning sovereignty and given equal weight with the colorizers.

- 6) Russia must be freed from occupation and should determine its own form of government.
- 7) Belgium must be freed from occupation.
- 8) France must be freed from occupation.
- 9) Italy’s borders should clearly recognize its lines of nationality.
- 10) Populations of Austria-Hungary should be given freedom to determine their destiny.
- 11) Romania, Serbia and Montenegro should be freed from occupation. Serbia should be given free and secure access to

the sea.

- 12) Turkey should be assured a secure sovereignty; the Dardanelles sea lanes should be permanently opened as a free passage to ships and commerce of all nations.
- 13) Poland should be independent.
- 14) An organization of nations must be formed for the purpose of giving all nations – large or small – guarantees of independence and territorial integrity.

The Allied leaders reacted to Wilson’s 14 Points as being too idealistic, and they were skeptical that they could be completed.

Germany called the proposal “enemy propaganda.”

The war would continue for 11 more

months, and Wilson’s “14 Points” would be debated at a peace conference stretching into 1919. But that year, Wilson received a Nobel Prize for his peace-making efforts.



Photo courtesy of Library of Congress
American troops undergo grenade gun training in France during World War I.

8th MP Bde: New CSM welcomed

CONTINUED FROM A-2

Sgt. Maj. Mark Farley Award for the best MP units in the Pacific; three consecutive championships in the team category during the Army’s annual Military Culinary Arts Competition; and several Na Koa and 8th TSC volunteer awards.

“Those are some commonly known accomplishments, but the one I am most grateful for is your (Duncan’s) never-end-

ing desire to set the tone of professionalism and for your continuous drive to build readiness and ensure this brigade is ready to ‘fight tonight.’”

Duncan, who will soon assume the duties as the Commandant of the Non-commissioned Officer Academy at the Maneuver Support Center of Excellence at Fort Leonard Wood, Missouri, said that she was not prepared to leave the 8th MP Bde. and joked that if she refused to take the field, she wouldn’t have to leave the position.

In her final address to the Soldiers, Duncan broke with tradition and asked the entire formation to form a horseshoe around her.

She told the Soldiers, “It’s truly hum-

bling to have been your Watchdog Seven for the last 18 months. You all have inspired me each and every day. ... You are so amazing, and I will miss each and every one of your faces.”

Duncan went on to thank her wife for her patience and support before thanking Lucas and his family for their friendship, mentorship and support.

As Duncan departs for her next assignment, Lucas made sure the Soldiers in formation knew that he was confident in the Army’s selection of Mayfield as the new brigade senior enlisted adviser.

“The next Watchdog 7 chapter is to be written, and we got lucky again. The brigade will truly be gaining another great Army team in Command Sgt. Maj.

William Mayfield and his family,” said Lucas.

Lucas and Mayfield had served together previously at Fort Drum, New York.

“He is well respected within the Military Police community, he is a combat tested MP, he respects and values this team of true professionals, and I have no doubt he’ll bring great ideas and enthusiasm to the brigade,” said Lucas.

Mayfield thanked Lucas and Duncan for their messages, thanked those in attendance and then turned his attention to his wife and children.

“Thank you for all of the support you have given me during this Army journey,” said Mayfield. “You make me proud every day.”



Chief Warrant Officer 2 Renzo Rivas, an AH-64 Apache pilot with Troop C, 2-6th Cav. Regt., 25th CAB, 25th ID, explains capabilities of the Apache to Heisman Trophy winner Tim Tebow, Jan. 11, at Wheeler Army Airfield. Tebow visited the 25th ID to learn how America’s Pacific Division stays ready to deploy, fight and win tonight.

Football star visits Tropic Lightning Soldiers

Story and photos by
SGT. IAN MORALES
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — During a visit to Hawaii, Heisman Trophy winner, former NFL star, and current N.Y. Mets outfielder Tim Tebow stopped by, here, and Schofield Barracks, Jan. 11, to see how the 25th Infantry Division stays ready to deploy, fight and win.

Tebow began the day with a visit to the flight line, here, where he met with Soldiers and families from the 25th Combat Aviation Brigade. He threw footballs with young fans and even took a few “selfies” to commemorate the visit.

On Wheeler, Tebow and his brother and his father received a tour of the runway, the different air frames, such as the UH-60 Black Hawk, UH-47 Chinook and the AH-64 Apache attack helicopter.

Chief Warrant Officer 2 Renzo Rivas, an Apache pilot with 2nd Squadron, 6th Cavalry Regiment, 25th CAB, explained how Army aviation enables ground forces to complete their missions.

Punctuating their visit to the aviation brigade, the Tebows strapped into a Black Hawk for an orientation flight around the island.



Heisman Trophy winner and NFL star Tim Tebow looks over the edge of the rappelling tower while being instructed on the safest method to abseil at the Lightning Academy, Jan. 11, near Schofield Barracks.

“It was awesome,” said Tebow. “It’s a unique experience that I’m glad my family and I got to share with the troops.”

After his flight, Tebow and his family were taken to the 25th ID Lightning Academy to see how service

members from all branches are taught to survive in jungle environments with limited resources. They also received a demonstration on how to rappel from a 60-foot tower with and without combat gear.

Not one to shy away from a challenge, Tebow volunteered to conquer the tower as well.

“I was a little bit nervous, especially walking up the tower and knowing you can get down in five seconds,” Tebow said. “It’s different than walking out on the field with thousands of fans, but once you get off the edge, it’s totally fine. My mom, at 68 years old, did and she kind of crushed it!”

Wrapping up their visit, the Tebows met with Maj. Gen. Ronald Clark, commanding general, 25th ID, at the division headquarters on Schofield Barracks. There Tebow explained his admiration for what Tropic Lightning Soldiers do and their professionalism.

“First, I just want to thank you for all that you do,” Tebow said. “What you do really matters. You’re an inspiration to so many, and unfortunately, you probably don’t here that a lot.”

“I think in this day and age a lot of people are searching for purpose and significance,” Tebow said. “I can see that you have that in what you do every day, and it’s very special.”



Tim Tebow throws a football to a fan while Soldier/photographers capture the moment with their cellphones during a visit, Jan. 11, at Wheeler Army Airfield.

ACS offices close Jan. 22-28 for move to Brannon Road

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Army Community Service offices in Bldg. 2091 on Kolekole Avenue will close on Jan. 22 and reopen in Bldg. 690 on Brannon Road the week of Jan. 29.

Non-emergency ACS services and classes will not be in session between Jan. 22-28 while the move is in progress.

However, its emergency services – the Army Emergency Relief and the Victim Advocacy Program – will continue to serve the community during the move, said Dr. Hank Cashen, director of ACS.

Community members may continue to reach the Installation Victim Advocate at 624-7233 or 226-3231.

The new location is centrally located between the Schofield Main Exchange and the U.S. Army Health Clinic, Scho-

field Barracks. It’s behind the Refill Pharmacy.

“It’s a nice, historic three-story building with lots of space for our programs,” Cashen said. “It’s a good location and we’re looking forward to moving in.”

Bldg. 690 was one of several U.S. Army Garrison-Hawaii buildings recognized by the Historic Hawaii Foundation last year. It retains its historic architectural features, but includes modern updates such as air-conditioning, indoor elevators and energy-saving lighting.

An open house at the new location will be scheduled at a future date to be determined, Cashen said.

ACS offers support services, programs, training and education to Soldiers, families, retirees and military civilians on Oahu. These address topics such as financial planning, parenting, employment readiness and more.



The new ACS building on Brannon Road will open to the community the week of Jan. 29.



Briefs

19 / Friday

Using LinkedIn and Social Media to Net a Job — Build your network by utilizing social media and develop your LinkedIn profile at SB SFAC from 11:30 a.m.-1 p.m. Call 655-4227.

It Takes Two (For Couples) — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Steakhouse Day — Enjoy the Grand Buffet plus a fresh grill to plate steak at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

20 / Saturday

Boot Camp Training for New Parents — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

Kayak Surfing — Experience the south shores of Oahu with SB ODR recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. Must be able to swim or tread water for at least 6 minutes without a personal floatation device. Call 655-0143.

24 / Wednesday

Sock Penguin — Library event is held at FS at 3:30 p.m. Call 438-9521.

Knitting for Beginners — Learn the basics of knitting at SB library from 3-4 p.m. Supplies are limited. Call 655-8002 to sign-up.

25 / Thursday

Family Support Night — Join other surviving families from 6-8 p.m. at the SB SOS Center. Dinner will be served. Call 655-4227.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

20 / Saturday

Mike Tyson — Former heavyweight boxing champion bares his soul with a two-hour performance/confessional at the Blaisdell Concert Hall, 8 p.m., with his “Undisputed Truth, Part 2” show. Tickets \$45-\$150. For VIP or ticket information, call 808-200-4339 or 808-306-2926.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting.

21 / Sunday

Family Sunday — Since 2004, Bank of Hawaii has made it possible for the Honolulu Museum of Art to open its doors, 10 a.m.-4:30 p.m., to the public, free of charge, on the third Sunday of every month. The

Setting goals help resolutions succeed

CHAPLAIN (MAJ.)
BRANDON MOORE
2nd Infantry Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Proverbs 16:2-3 says, “All a person’s ways seem pure to them, but motives are weighed by the Lord. Commit to the Lord whatever you do, and he will establish your plans.”

What are your plans for this year and the motives behind them?

Often we talk about New Year’s resolutions, but we never plan more than hoping to learn something new, lose 20 pounds or just be happier.

While hope and faith are important, a well thought out plan with some S.M.A.R.T. (specific, measurable, achievable, relevant and timely) goals will guide you through this new year with success.

Even in the vague examples of learning, losing weight and happiness, there are valuable ideas like education, health and emotion.

Think about the various facets of your life. What areas would you like to work on? What are your desires and motivations?

Try to isolate and identify a few key areas you would like to work on and create a plan. Two broad areas are professional and personal. The professional is what you get paid for, what you have to do, work. The personal is what you pay for, what you want to do, recreation.

Within both of these categories are subcategories that can be focused to form goals, such as education, advancement, family, fun, entertainment, spiritual, financial and more.

Comprehensive Soldier Fitness

Another way to identify areas of emphasis is to use the five Comprehensive Soldier Fitness categories: emotional (maturity, happiness, caring), social (time with friends), physical (exercise, diet, recreation), spiritual (reading, meditation, service to others, gathering) and family (marriage, children, loved ones).

26 / Friday

Hawaiian Buffet — Held at FS Hale Ikena, from 11 a.m.-2 p.m.

Leilehua Concert Series

— Enjoy live music featuring Heavy Weights from 6-8 p.m. at The Grill at Leilehua Golf Course. No cover charge. Call 655-4653.

Right Arm Night — Enjoy a night of comradery at SB Nehelani. Food and beverages are available for purchase. Event starts at 5 p.m. Call 438-1974.

27 / Saturday

Dash to the Splash Biathlon — This 5K run, plus a 400-meter

swim, begins at 7 a.m. at SB Richardson Pool. Runners can compete individually or tag team with a friend for \$35 until race morning. Prizes awarded to overall age group and team category winners. Register at www.himwr.com/dash or any Army PFC. Call 655-8007.

Adventure Biking

— Bike down Pearl City Path or alongside scenic North Shore with SB ODR starting at 8:30 a.m. for \$30 per person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. This is a beginner program. Participants must be able to ride a bike. Call 655-0143.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

29 / Monday

PPP-S Federal Applications — Priority Placement Program S for Military Spouses seeking civil service DOD careers. Learn all you need to know about PPP-S and the do’s and the don’ts of the process. Step-by-step instructions on preparing your package at SB SFAC from 10-11 a.m. Call 655-4227.

CAST



David Harbour
(Stranger Things, Hell Boy, Suicide Squad)



Jimmi Simpson
(House of Cards, Westworld)



Frances Conroy
(American Horror Story, Catwoman)



Taye Diggs
(Empire, Brown Sugar)

Courtesy photos

SCHOFIELD BARRACKS — Arts in the Armed Forces comes to Tropics, here, 7 p.m., Thursday Jan. 25 with a free live performance. AITAF tour is designed to bring emotional shared experiences of live theater to open up conversations of bridging the divide between military and civilians. Visit HIMWR.com.

27 / Saturday

Mighty Mo Living History — Battleship Missouri hosts, 9 a.m.-3 p.m., a living-history-day event. Free for military, kama’aina and “Mighty Mo” members.

The day features engaging events, dramatic re-enactments and historic exhibits, including a General Douglas MacArthur re-enactment from noon-3 p.m. For information or reservations, call 1-877-644-4896 or visit USSMissouri.org.

Sanctuary Ocean Count — The 2018 Sanctuary Ocean

Count will be held Jan. 27, Feb. 24 and March 31, 8 a.m.-12:15 p.m., offering the community a chance to monitor humpback whales from approximately 60 sites along the shores of Oahu, Hawaii and Kauai during peak whale watching season. For more information, please visit the ocean count website at www.sanctuaryoceancount.org.

31 / Wednesday

Work Force Career Fair — Find a job at the Blaisdell

See COMMUNITY B-4



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m., AMR

Islamic

- Friday, 12:30 p.m., AMR (Call 477-7647)

Jewish Shabbat

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)



Father Figures (R)

Friday, Jan. 19, 7 p.m.

Ferdinand (PG)

Saturday, Jan. 20, 4 p.m.



The Greatest Showman (PG)

Saturday, Jan. 20, 7 p.m.



Star Wars: The Last Jedi (PG-13)

Sunday, Jan. 21, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
ODR: Outdoor Recreation
PFC: Physical Fitness Center
SAC: School Age Center

SB: Schofield Barracks
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Olympic star visits Schofield Soldiers, families

Story and photos by
STAFF SGT. HEATHER A. DENBY
25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Early morning wake ups, grueling workouts and make-or-break teamwork are typical characteristics of being a U.S. Army Soldier, but for one special visitor those characteristics are also very familiar.

U.S. Women’s artistic gymnast Gabrielle Douglas visited Soldiers, here, Jan. 11, as part of her first USO tour.

“It’s a huge honor to meet with America’s heroes,” said Douglas. “I could see similarities in the way we train. The term ‘blood, sweat and tears’ definitely applied to my time training for the Olympics.”

Douglas toured the U.S. Army Ranger School, saw three types of military aircraft at the 25th Combat Aviation Brigade, had lunch in the 25th Sustainment Brigade dining facility, visited with Soldiers at the Warrior Transition Battalion and closed out her day instructing a gymnastics clinic for children at the Schofield School-Age Center.

“My children were thrilled to interact with Miss Douglas,” said Sgt. 1st Class Lynette Elmore, assistant dining facility manager assigned to the 25th Sust. Bde. “It is wonderful to have positive role



Chief Warrant Officer 2 Reno Rivas, a pilot assigned to 2nd Battalion, 6th Cavalry Regiment, 25th CAB shows Olympian Gabrielle Douglas the inside of an AH-64 Apache, Jan. 11, at Wheeler Army Airfield. Douglas visited Hawaii and Guam as part of her first USO tour.



Soldiers assigned to the 25th CAB, 25th ID participate in a “Meet and Greet” photo opportunity with Olympian Gabrielle Douglas.

models for our youth and to be able to share their skills with someone they look up to.”

Respect and admiration were mutual.

“I’ve learned so much today about what these Soldiers do day in and day out to keep our country safe,” said Douglas. “I didn’t expect to have so

much in common with them, but at the end of the day, I truly appreciate the sacrifices that these Soldiers and their families make for us.”

Spirit of Martin Luther King Jr.’s message stays alive

Story and photos by
KRISTEN WONG
Contributing Writer

HONOLULU — Blue skies welcomed parade participants and onlookers at Ala Moana Beach Park’s Magic Island for the annual Hawaii Dr. Martin Luther King Jr. Parade and Unity Rally, Monday.

Coordinated by the Dr. Martin Luther King Jr. Coalition of Hawaii, multiple organizations, public figures, businesses and individuals walked from Magic Island to Kapiolani Park, wearing costumes, holding up banners and greeting members of the crowd.

The 25th Infantry Division Band was also part of the parade this year, and has been in prior years.

“It’s obvious he’s a giant in the civil rights struggle,” said Maj. Scott McKenzie, the commander of the 25th ID Band. “He stood for American ideals and so does the United States Army. We will be part of this parade proudly.”

As the assemblage of parade participants left Magic Island for Waikiki, Army veteran Martin Conmy stood on a nearby bridge overlooking the water, waving and



Parade attendees bring in banners and signs in support of Dr. Martin Luther King Jr.



The 25th ID Band marches and performs in the Hawaii Dr. Martin Luther King Jr. Parade and Unity Rally, Monday. The parade started at Magic Island on Ala Moana Beach Park and ended at Kapiolani Park.

cheerfully greeting to folks in the parade. The Kaaawa resident shares a birthday with King.

“This is the first time I’m going to walk the Martin Luther King Parade. It’s always been something I wanted to do,” he said. “I was always proud to have been born on the same day as Martin Luther King.”

As an 8 year old in the 1960s, Conmy said his father was involved in politics, so he paid attention to the Civil Rights Movement. He remembered watching the videos, the film of hoses being used on people and King’s 1963 speech.

“It resonated with me,” he said.

The rally

After the parade, families, friends and parade-goers gathered at Kapiolani Park for recreation and food. Catfish, spare ribs, chicken wings and collared greens were among the food available for purchase.

Several organizations performed at the Kapiolani Park Bandstand in honor of the day. One such performer was Ron Takamoto, who served in the Army during the Vietnam era as an emergency medic. Takamoto dressed as the late pop singer Michael Jackson, wearing a glittery black, white and silver outfit. He danced to “Don’t Stop ‘Til You Get Enough” for attendees.

“We all have to think about our futures and future generations regarding political interests,” Takamoto said.

“This goes beyond political interests. It goes into human rights, and this affects all generations here in the future. That’s how important this Martin Luther King tradition is to me.”

Mary Kraft of Chicago was visiting family in Hawaii and came to the rally to watch the performances at the bandstand.

“I can remember watching the march on Washington on TV,” Kraft said. “I was in a bad time in my life in college, and it felt so good to hear him speak. It was wonderful. Respect is the most important part of my life. Respect everyone.”

Among the attendees were Master Sgt. Anthony Booker, an operations noncommissioned officer with Headquarters and Headquarters Battalion, 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th ID.

“I feel that it’s important that I get out here to show people we are out here, that we want to make the community better,”

he said. “At the same time, I want my kids to see that I’m making a difference in life for them.”

Booker marched in the parade with the Free and Accepted Masons of Hawaii and Its Jurisdiction, Inc. He said he felt it was important for the group to show representation at the parade as founder Prince Hall was African American and established the African American side of freemasonry.

Booker’s family was also present to watch the parade and enjoy the festivities at the park.

“I look forward to seeing my dad (in the parade) cause this is a day that celebrates a lot if you think about it,” said Booker’s daughter, Marshe, 15. “(The parade) celebrates all races, no matter if you’re white, black, whatever you are. You’re getting celebrated because that’s what he fought for – equal rights to all, not just one. It’s for all lives and that’s what matters.”



A joint color guard marches in the Hawaii Dr. Martin Luther King Jr. Parade and Unity Rally, Monday.

Enduring a colonoscopy means turning the other cheek

It seems that every humor writer on Earth has penned an amusing account of his or her root canal, mammogram or other cringe-worthy medical procedure.

Arguably, the intimate details of one’s doctors’ appointments should not be published for the masses to read. However, many unscrupulous writers have plucked this low hanging fruit in shameless pursuit of an easy laugh.

While I aspire to higher moral standards as a writer, I cannot deny the uncontroverted fact that embarrassing medical procedures are grounding experiences to which many readers can relate. So, realizing that publicly exposing the sordid details of my recent colonoscopy might qualify as conduct unbecoming of a military spouse, I nevertheless feel compelled to give my readers what they want.

Of course, I will tell the unsavory tale with the utmost decency and decorum – no vulgar language will be used in this story. In fact, I have gone to great lengths to provide squeaky-clean metaphors and subtle innuendos to describe the most sensitive parts.

For those who may not know, routine colonoscopies are recommended for people over 50. In theory, the procedure is relatively simple: The doctor uses an endoscopic camera to check the colon for irregularities. But, in reality, this life-saving cancer screening has a way of bringing humans to the brink of all that is sacred, forcing them to confront the indignity of uncontrolled bodily functions, and to stare into the deep, dark abyss of their mortality. No pun intended.



“Cleaning solution”

The first step in my colonoscopy journey was the dreaded pre-operative bowel cleansing. By nearly starving myself on a clear liquid diet for two days, and guzzling what seemed like a 50-gallon drum of the prescribed system-cleaning solution, which tasted like bilge water with a spritz of Lemon Pledge, I effectively relinquished all control of my bowels for the next 48 hours.

Suffice it to say that I would highly recommend that anyone scheduled for a colonoscopy invest in a megapack of Charmin double ply, install a splash guard on the toilet and stop wearing pants altogether.

By the next morning, my intestines were emptier than an AA meeting on St. Patrick’s Day, and I was ready for my colon’s photo shoot. At the Naval Clinic’s surgery center, I put on a hospital gown open at the back and lay on my side as instructed. The room contained various trays of instruments, an overhead spotlight, an air compressor and a long black hose wound over a metal rack.

I thought I had accidentally wandered into a Jiffy Lube. But then, I saw the flat screen TV for live stream-

ing the video of my innards and knew I was in the right place.

The doctor had decided to put me under general anesthesia rather than mild sedation, because my lower intestines were “all over the place” and would need extra probing. As I waited for the anesthesiologist to arrive, I was embarrassed about my exposed rump and middle-aged stomach that drooped onto the table like spilled pancake batter. I glimpsed the air compressor and knew that they would soon be pumping my intestines full of air and shoving Lord-knows-how-many-feet of that hose into my body.

Thank God the nurses and doctors are all strangers to me, I thought. I’d heard all the mortifying stories of uncontrolled flatulence during colonoscopies, and I was relieved that no one I knew would be there to see me turn into a human kazoo.

Just then, I heard, “Hey, Lisa!”

The anesthetist came in for a side hug, and I stared at him in shock. It was Jerry, the father of my daughter’s friend from school. I had chatted with him and his wife many times during school events. I knew he was a Navy doctor, but I had no idea that he would one day peer down at my bare backside.

The milky solution in the syringe could not hit my IV soon enough. I awoke an hour later, feeling gassy, embarrassed and woozy, but mostly relieved that my colon had a clean bill of health.

(Editor’s note: Schedule your colonoscopy screening now. Visit www.coloncancerfoundation.org. See more of Molinari at www.themeatandpotatoesoflife.com.)

Big TRICARE changes in place for beneficiaries

MILITARY HEALTH SYSTEM
News Release

HONOLULU — On Jan. 1, TRICARE made many changes to benefits. These changes will provide more benefit choices, improve access to care, simplify cost shares and allow patients to take command of their health.

The best way for patients to take action now is to update their information in DEERS, sign up for TRICARE benefit updates and visit TRICARE Changes online to learn more.

Here are changes that patients need to know about:

Region Consolidation
Previously, there were three TRICARE regions in the United States: North, South and West. The North and South regions combined on Jan. 1 to form TRICARE East, and TRICARE West remains mostly unchanged.

The West region includes Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excludes Rock Island arsenal area), Kansas, Minnesota, Missouri (except St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (southwestern corner, including El Paso), Utah, Washington and Wyoming.

New Regional Contractor
The new contractor now administering for the West region is Health Net Federal Services. This change will allow for better coordination between the military hospitals and civilian health care providers.

Patients should update their payment information and option to guarantee continued payment of their TRICARE enrollment fees and monthly premiums if paying through bank electronic fund transfer, debit or credit card. If patients currently pay by allotment through the Defense Finance Accounting System, DFAS, they will not need to take any action.

“As we embark on a new era in TRICARE, we want to help ensure a smooth transition for beneficiaries,” said Ken Canestrini, director, TRICARE Health Plans. “One of the first things they should do is make sure their payments are going to the right place.”

See information at right in the yellowed web box to update payment information and confirm primary care manager, or PCM, information.

TRICARE Select and TRICARE Prime Health Plans
On Jan. 1, TRICARE Select replaced TRICARE Standard and TRICARE Extra both stateside and overseas. Stateside, which includes the states of Hawaii and Alaska, TRICARE Select will be a self-managed, preferred provider network option. Patients will not be required to have a PCM without a referral.

For patients who live overseas, TRICARE Overseas Program Select will be a preferred provider organization-styled plan that provides access to both network and non-network TRICARE-authorized providers for medically necessary TRICARE covered services.

TRICARE Prime is a managed care program option; an assigned PCM provides most of the patient’s care. When patient’s need specialty care, their PCM will refer them to a specialist. Active duty service members and their family members do not pay anything when referred to a network provider by their PCM; all others pay annual enrollment fees and network copayments.

Have You Taken COMMAND?



1 Did you know TRICARE is changing?

2 Do you know who your new regional contractor is?

3 Have you updated your payment information with your regional contractor ?

4 Did you confirm your Primary Care Manager (PCM) is in-network?

Regional Contractor Payment Information
East: infocenter.humana-military.com/beneficiary/payment
West: tricare-west.com/content/hnfs/home/tw/bene/res/bene_forms.html

Updated Provider Directories
East: www.humanamilitary.com/provider-locator
West: tricare-west.com/content/hnfs/home/tw/bene/provider-directory.html

#takecommand



Preventive Services
TRICARE Select adopts a number of improvements, including additional preventive care services previously only offered to TRICARE Prime beneficiaries. Preventive care helps patients take command of their health and manage potential issues before they experience symptoms. This type of health care allows patients to address health problems before they become life threatening.

Examples of TRICARE-covered preventive services include cancer screenings and vaccines, in addition to well-woman and well-child exams.

TRICARE beneficiaries using Standard or Extra, didn’t pay anything for some preventive services, but for all other preventive services, beneficiaries paid between 15-25 percent of the cost after their yearly deductible was met, depending on the plan and beneficiary category.

“With TRICARE Select, beneficiaries don’t pay anything out-of-pocket for covered preventive services if they are provided by a network provider,” said Valerie Palmer, a TRICARE health care policy analyst with the Defense Health Agency. “However, if they use a non-network provider, fewer preventive services are paid

by TRICARE. This is why it is important to see a network provider for your preventive care if you want to save money.”

Additional Coverage
The additional, no-cost preventive services beneficiaries can receive under TRICARE Prime that TRICARE Select now covers, as of Jan. 1, include the following:

- **One Health Promotion and Disease Prevention (HP&DP) exam.** This is covered annually for beneficiaries age 6 and older. In 2018, this exam will no longer require the inclusion of a covered cancer screening or immunization if you see a network provider.
- **Lung cancer screening (low-dose computed tomography).** This is covered annually for persons ages 55-80 with a 30 pack-per-year history of smoking who are currently smoking or have quit within the past 15 years. Screening should be discontinued once the individual has not smoked for 15 years or develops a health problem significantly limiting life expectancy or ability or willingness to undergo curative lung surgery.
- **A new preventive service** added for both TRICARE Prime and TRICARE Se-



lect is aimed at adults with a body mass index (BMI) of 30 kg/m2 or higher and children or adolescents with a BMI value greater than the 95th percentile.

Intensive, multi-component behavioral interventions to promote sustained weight loss (12 to 26 sessions per year) are covered when rendered by a TRICARE-authorized provider. Types of behavioral management interventions include diet and physical activity guidance, strategies to promote and maintain lifestyle changes and more. This addition is a covered benefit regardless of whether the beneficiary uses a network or non-network provider, though costs are typically lower with a network provider.

Enrollment
Automatic enrollment occurred for all TRICARE beneficiaries into plans on Jan. 1, as long as they were eligible. TRICARE Prime enrollees remained in TRICARE Prime. TRICARE Standard and TRICARE Extra beneficiaries were enrolled in TRICARE Select. During 2018, you can continue to choose to enroll in or change coverage plans.

In the fall of 2018, TRICARE will introduce an annual open enrollment period. During this period, you can choose whether to continue or change your coverage for the following year. Each year, the open enrollment period will begin on the Monday of the second full week in November and run through the Monday of the second full week in December.

Upcoming Changes
New Pharmacy Copays. Starting Feb. 1, TRICARE pharmacy copayments will change.

Dental and Vision Coverage: Certain enrollees will become eligible for Federal Employees Dental and Vision Insurance Program F.E.D.V.O.P beginning in 2019.

In the coming months, more information will be available at www.tricare.mil. changes. To stay informed, sign up for email alerts at www.tricare.mil/subscriptions.

Patients can also get alerts by signing up for e-correspondence in milConnect at <https://tricare.mil/Plans/Eligibility/DEERS/milConnect/eCorrespondence>.

By staying informed, patients will be ready for a smooth transition with TRICARE.

(Editor’s Note: Contributions provided by Spc. Peter Sky, Leanne Thomas and Jim “Goose” Guzio of Tripler Army Medical Center Public Affairs.)

West Regional Contact
To confirm your primary care manager is in-network with the new region, visit your region’s provider directory. The West region provider directory is available at Tricare-west.com/content/hnfs/home/tw/bene/provider-directory.html, or visit the TRICARE all provider directories resource at [www.tricare.mil/Find Doctor/AllProviderDirectories](http://www.tricare.mil/FindDoctor/AllProviderDirectories).

For dates of service on or before Dec. 31, 2017, claims information will be available at www.myTRICARE.com through April 30.

Pharmacy Updates
Sign up for email alerts at www.tricare.mil/subscriptions. Patients can also get alerts by signing up for e-correspondence in milConnect at <https://tricare.mil/Plans/Eligibility/DEERS/milConnect/eCorrespondence>.

Health survey shows uptick in patient satisfaction

DAVID VERGUN
Army News Service

WASHINGTON — Results of the Joint Outpatient Experience Survey, or JOES, are in for 2017, and Soldiers, retirees and family members reported very high overall satisfaction, 93 percent, for their experience at medical treatment facilities (MTF), said Dr. Melissa Gliner.

Gliner, senior health policy analyst, with the Office of the Army Surgeon General, said the other two big metrics are ease of access to provider, 83 percent positive (highest in the military health services), and overall experience with the pharmacy, 78 percent positive.

The results of the survey show an

overall increase in satisfaction of about 2 percent for those three questions over 2016, the year the Army first participated in the survey, she said.

A total of about 2.7 million surveys go out annually to about 10 percent of patients who have visited an MTF in a random selection process, she said. At first, only paper surveys were distributed, but since last month, a website has been set up for taking the short, two-page survey.

Strict confidentiality is maintained at all times, she added.

Gliner, who is a statistician by training, interprets the results and shares them with representatives from all of the MTFs on a regular basis. MTFs, she said,

are eager to learn the survey results and understand what’s working and what can be improved.


One incentive for getting high survey scores is a monetary award that’s given to the best performing MTFs, she noted. Also, performance reviews are tied to the results.

Improvement
Besides sharing the results with the MTFs, Gliner said she also offers advice on ways to improve the patient experience. For instance, Gliner said she looks at civilian treatment facilities to see what works well and shares that with the MTFs. One example, she said is having

staff members circulate in the waiting area to chat with patients, so they don’t feel they’re being ignored. That’s one way to elevate scores.

Another finding from the survey was that some patients experience frustration during their initial call to schedule an appointment. Some are told to call back because there were no appointments. Some MTFs are now retraining clerks who take the calls to get the appointments set up without having to call back, she said.

Gliner said that the U.S. Army Medical Command is working to stand up a website that will better help MTFs share their ideas and further elevate patient experience and survey scores.



Community Calendar

CONTINUED FROM B-2

Exhibition Hall, 10 a.m.-3 p.m., Hawaii Suites 1-12, Pikake Room. Admission is \$3. Discount is \$1 students, seniors and military.

For more information visit www.blaisdellcenter.com.

February

2 / Friday

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in

Honolulu. Visit www.firstfridayhawaii.com.

Ongoing

Honolulu City Arts and Culture — Learn about current and upcoming free events sponsored by the mayor’s office at www.honolulu.gov/moca/moca-calendar.html.

Botanical Drawing and Painting Sessions — Self-directed renderings of

plants, flowers, seeds and pods from the garden. Bring supplies: #4 round brush, Bristol paper and quality watercolor set, or watercolor pencils. Some experience in watercolor and drawing is helpful. Wednesdays from 9:30 a.m.-noon at Ho’omaluhia Botanical Garden. Reservations required. Call 233-7323.

TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use. Contact the information line at (808) 848-5555.